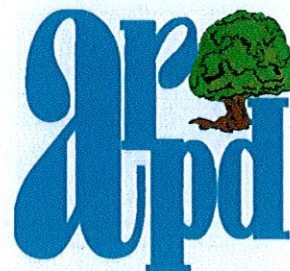


CITY OF ALAMEDA MEMORANDUM



DATE: February 1, 2012
TO: Recreation & Park Commission
FROM: Dale Lillard, Director
Alameda Recreation, Parks & Golf Operations
RE: MONTHLY REPORT – February 1-29, 2012

Upcoming Special Event

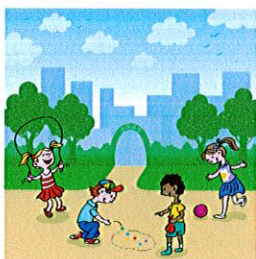
“Mad Hatter Tea Party” – The 11th annual Father Daughter Dance Party will take place on February 10th from 5:30 p.m. to 8:00 p.m. at the Dewitt O’Club. The event is cosponsored by Girls, Inc. and ARPD. Couples will enjoy music, games, crafts, a light meal and a special memento to remember the evening. There are 110 couples registered for the dance.



Recreation Division

Spring Vacation Camp is a week long recreational camp for youth in kindergarten through 5th grades. The camp will take place April 2nd – 6th at Harrison Center from 9:00 a.m. – 3:00 p.m. The cost of the camp is \$150. This year participants will receive a special field trip day with lunch included.

RAP, Recreation After school Program for 1st through 5th graders, continues to help parents by providing the youth of Alameda with an after school recreation program at selected park sites throughout Alameda. Participants may sign up for either 5, 3 or 2 days a week from after school until 5:30 p.m. each day. RAP sites include Franklin, Leydecker, Lincoln, Longfellow (Kindergarten only), Tillman and Washington Parks. Currently, ARPD has openings remaining at Franklin, Leydecker, Longfellow and Washington sites.



Parks and Playgrounds is a free drop-in recreation program. Parents have been especially happy to have the option of attending this program. Our six selected sites throughout Alameda are: Bayport, Franklin, Krusi, Longfellow, Tillman and Washington parks. The school-year schedule has all park sites open from 3:00-5:00 p.m. Monday through Friday. Franklin, Lincoln, and Washington Parks will be open for general supervision on Saturdays from 12:00-4:00 p.m.; Lincoln and Washington Parks will be open on Sundays for general supervision from 12:00-4:00 p.m. throughout the school-year.

Teen Program

The **Underground Teen Center** program is continuing to average 30 drop-ins on a daily basis. The staff has noticed that this year participants have been staying longer and taking advantage of the teen center and its programs. The teen staff continues to promote the Spring Break Trip to Disneyland, California Adventures, and Knott’s Berry Farm for 6th – 12th grades. Planning for Summer Teen Adventure is well underway. Staff is looking for possible new adventures and locations geared towards teens.

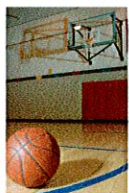


The **Alameda Youth Committee (AYC)** once again will be assisting at the Father/Daughter Dance Party. They are continuing to work with Girls Inc.'s Teen Program providing corsages for the daughters at the dance.

There are members from both the Youth Advisory Commission and AYC that are interesting in attending the YAC Attack at "You-niting Youth", a workshop/training that offers educational sessions, thought-provoking debates, quality networking opportunities and innovative ideas to bring back to their community.

The **Alameda Youth Advisory Commission** is working on a list of projects which consist of: a youth survey, Alameda Youth Speaks with the Chief of Police, Season of Non-violence speech contest, promoting the Community Needs Survey and the Teen Job Search workshop.

Youth and Adult Sports



The **Junior Warrior Basketball Clinic** for Kindergarten – 3rd graders at the Alameda Point Gymnasium will conclude on March 3rd. There are currently 73 youth participating. The clinic has emphasized basic skills, teamwork and sportsmanship. Participants have shown tremendous growth!

Alameda Point Gymnasium – Community groups and associations will be using the gym Monday through Friday from 3:00 – 9:00 p.m. Basketball and volleyball for adults takes place on Sunday evenings from 6:00 – 9:00 p.m.



The **Adult Basketball League** will begin in February and run through May. All games take place Sunday evenings at the Alameda Point Gymnasium.

Aquatics

High school swim season begins on Monday, February 6th, with all three local high schools using space at Emma Hood and Encinal Swim Centers. All three teams are excited to start practice and swim their way to a league title.



ARPD will begin its programming on Monday, February 13th. **Adult lap swim** will be held at Encinal Swim Center on Monday and Wednesday evenings from 7:15 – 8:45 p.m. Participants can be 16 years or older. This continues to be a popular program with participation increasing season-to-season.

Aquatic Sports 101 will be held at Emma Hood Swim Center, Monday through Friday, from 7:00 – 8:00 p.m. This program is for 9-19 year olds who want to get prepared for the high school aquatic sports scene. Participants can work on swim stroke technique and get familiar with water polo.

Senior Services Division

December Statistics:

Volunteers: 112

Volunteer Hours: 1,536

New Members: 219

Total Membership to Date (July 1, 2011 to December): 2,906

Average Number of Lunches Served Daily: 40

Monthly Sign-ins: 11,824



ESTATE OF WILLIAM "BILL" WHITTIER – Mr. Whittier passed away and left 40% of his estate or \$503,324 to Mastick Senior Center. The City of Alameda has received the final distribution.

LEAGUE OF WOMEN VOTERS – At their meeting on January 18, the Mastick Senior Center Advisory Board (MSCAB) voted unanimously to co-sponsor with the League of Women Voters one of two presentations by Mayor Marie Gilmore on the State of the City of Alameda. This is an opportunity to bring awareness to the senior center and provide a venue for members to learn about Alameda. The date and time is to be determined.



SHANGHAI OCEAN UNIVERSITY EXCHANGE WORKSHOP – Students from the Shanghai Ocean University will be visiting the City of Alameda to participate in an exchange workshop. The interest is sociological research in America focusing on public service organizations and volunteering. Students were in the community from January 18, 2012 through February 2, 2012, participating in various learning opportunities. They were at Mastick Senior Center on Thursday, January 26, for an overview of the Center's operation and volunteer program.

Free Tax Preparation Services @ Mastick – On **Wednesday, February 1**, AARP Tax Assistance Program volunteers will begin providing *free* tax preparation services to low and middle income individuals with special attention to those 60 and older. ***This program is sponsored by AARP, IRS, and Mastick Senior Center Advisory Board.***

Physician Orders for Life-Sustaining Treatment (POLST) – On **Tuesday, February 7**, at 1:00 p.m. in Room D, join Marilyn Ababio and Dorothy Ridley, representatives, for a presentation on POLST. POLST is a form that spells out the medical treatment you desire during the end of your life. Topics to be addressed include: What does POLST do?; Who should have POLST?; Is POLST different from an Advance Health Care Directive?; Who can help me fill out a POLST form?; What do I do with my POLST form?; What if I want to change my POLST form?; as well as a question and answer period.



Yoga – Rosemary McNally, instructor, will lead Yoga on Tuesdays (**February 7–April 24**) from 10:30 a.m. to 12:00 Noon in the Social Hall and Wednesdays (**February 8–April 25**) 9:00 am to 10:30 am in Room A. Yoga is a mind and body discipline designed to increase flexibility and balance through slow movements and stretching. Benefits include stress reduction and relaxation. Each 12-week session is \$48.

Stay Fit with Julie Manown – Stay fit with Julie Manown, Instructor, on Monday and Friday. The new term for the **Monday** class begins **February 6**, and runs through May 21, 2012. The cost is \$35. The new term for the **Friday** class begins **February 10**, and runs through June 1, 2012. The cost is \$40. The cost is \$60 for individuals interested in taking both classes (Monday and Friday). A special THANK YOU is extended to Julie for making fitness affordable for our members.

Beginning Ceramics – Join Bonnie Boller, Instructor, on Thursdays beginning **February 9**, from 9:30 a.m. to 11:30 a.m. in the Skill Center for an introduction to hand-building, throwing of clay pottery, and sculpture. This 10-week class is \$95 (\$80 class/\$15 supplies).

Intermediate Ceramics – Join Bonnie Boller, Instructor, on Thursdays, beginning **February 9**, from 12:30 p.m. to 3:30 p.m. in the Skill Center for a class designed for students with intermediate ceramic skills. Develop your unique style while working on individual and class projects. Low and Mid-range glaze firing and additional workshop time is available. This 10-week class is \$145 (\$120 class/ \$25 supplies).

Letter “L” for Love, Luck, or Lucky @ Love! – Join us on **Saturday, February 11**, at 12:00 Noon in the Social Hall to celebrate Valentine's Day and try your luck at Mastick's weekly fundraising Bingo game. Bingo participants will play a special game, the “Letter L” with the opportunity to win \$50. In addition, participants are encouraged to take part in the Valentine's Day Table Decorating Contest. *This program is sponsored by the Mastick Senior Center Advisory Board and Bingo Committee.*



Multimedia Art Exhibit – On **Tuesday, February 14**, we will have a reception for artists exhibiting their works created in Mastick Senior Center classes (e.g., stained glass, creative writing, drawing, painting, ceramics, beaded jewelry design, graphic arts, etc.) in the Mastick Lobby through May 1, 2012. Please join us for refreshments from 1:00 p.m. to 2:30 p.m.



Travel Opportunities Abound...Learn More – On **Wednesday, February 15**, at 1:00 p.m., join us in the Mastick Media Room to preview upcoming Extended Travel opportunities. At this time, we will also be gathering YOUR input for 2013 travel destinations. *We look forward to spending the afternoon with you on the 15th!*

Creating Your Personal Learning Network – Join Mike McMahon, Volunteer, on **Friday, February 17**, 9:30 a.m. to 11:30 am in Room C, to learn to use the Internet and tools like Twitter and YouTube to start your personal learning journey. The Internet has evolved from a vast collection of information to a place where individuals can collectively grow and learn. With the rise of social media tools like Facebook, Twitter and YouTube, individuals can now create virtual learning classes on any topic of their choosing.

Overview of Medicare Coverage and Options – On **Tuesday, February 21**, at 1:00 p.m. in Room D, a representative from the Health Insurance Counseling Advocacy Program (HICAP) will provide an overview of Medicare coverage and options including the Medicare Program (eligibility, costs, benefits, and recent changes); Medicare Supplement Plans (Medigap), Medical Advantage Plans and Medi-Cal; and provide information on Medicare's Prescription Drug benefit.

Delicious Meals on a Shoe-String – On **Saturday, February 25**, at 9:00 a.m. meet Chef Jack Rosen at the Alameda Farmers' Market to enjoy seasonal shopping and return to Mastick's kitchen to see the possibilities of your harvest. Learn how creativity can stretch your dollar while enjoying three "incarnations" with the same ingredients. Enjoy the fruits of your labor by sampling the menu. Register in the Mastick Office. There is a \$5 per person fee.



Low Income Assistance – On **Tuesday, February 28**, at 1:00 p.m. in Room D, a representative from the Health Insurance Counseling Advocacy Program (HICAP) will provide an overview on getting help with health care costs including the Medicare program, Medi-Cal, SSI, Medicare Savings Programs, and Low Income Subsidy (extra help) for prescription drugs. The eligibility and application process will be reviewed.

Coming in March...

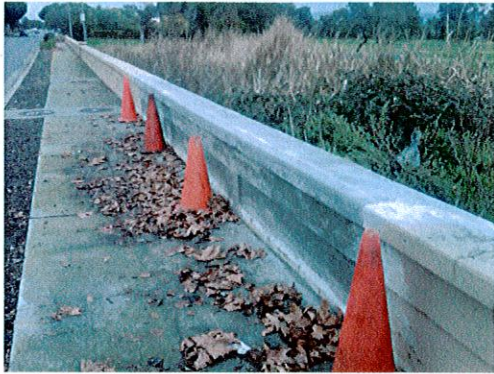


The America's Cup: Racing the Wind – Douglas Borchert, J.D., SBC, underwriting counsel, columnist, will present "The America's Cup: Racing the Wind" on **Tuesday, March 13**, 1:30 p.m. to 3:00 p.m. in Room D. The story of the America's Cup begins in the mid-19th century with the family of Colonel John Stevens and an invitation to the Crystal Palace Exhibition in London. Mr. Borchert will pick up the story from there and outline the fascinating history of the event. The San Francisco Bay will serve as the beautiful amphitheater for the 2013 pursuit of the Cup. Sign up in the Mastick Office or call 747-7506. *This program is sponsored by the Mastick Senior Center Advisory Board.*

Park Division

Filled wood fibers at play area in Marina Cove Park.





Repaired damaged wall on outside of Golf Course.

Installed new signs at Jackson, Leydecker and Upper Washington parks.

